



## Study Smart

### FINALS PREP: BE EFFICIENT AND EFFECTIVE

- **Library time** - you can accomplish three times more in a classroom-like atmosphere than studying at home or in a dorm room.
- **Quiet time** - eliminate noisy distractions: phone calls, roommate, music, etc.
- **Daytime** - during the day you work 50% faster than in the late evenings; be more alert and receptive to information.
- **Study actively** - set goals and reward yourself for hard work; the more interested you are, the more you will remember.
- **Diversify** - use different study methods, (reading, practice problems, reviewing homework, group discussion, outlining, etc.) to keep you interested and to better learn the material.
- **Over-learning** - after you think you already know it all take a nice break and study for an hour more; research shows that "over-learning" continues to enhance academic performance.
- **Note-cards** - proven to be one of the best methods for memorizing information, flashcards can be used at odd moments and work well with partners; start at the beginning of the semester and be sure to actually use them for studying, not just as a collection of sorts.

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